



# MARY T. MEAGHER AQUATIC CENTER

# Fall

# 2006

# Schedule

September 5 - December 17



METRO  
Parks

# Olympic Pool Hours

## Lap Swim and Weight Room

<b>Monday - Friday</b>	5 a.m.-9 p.m.
<b>Saturday</b>	9 a.m.-6 p.m.
<b>Sunday</b>	Noon-6 p.m.

## Fall Recreational Swim

All daily recreational swimmers must present a photo ID to enter the facility.

ID's can be made for \$1 at the Mary T. Meagher Aquatic Center.

Swimmers 8 & under must be with a responsible chaperone 18 or older who can present ID.

Specified lanes may be used for non-lap swim during the following times:

<b>Monday - Friday</b>	Noon-3:30 p.m.
<b>Friday</b>	7-9 p.m.
<b>Saturday &amp; Sunday</b>	Noon-6 p.m.

**Please pick up a monthly special event and schedule change flier at the front desk.**

Therapy Pool open hours are on page 4.

<b>Fees</b>	<b>Children (3-12)</b>	\$2.25
	<b>Adults</b>	\$4.50
	<b>Therapy Pool Only</b>	\$3.25 (1 hour maximum per visit; must have doctor's consent form on file)

**12-Visit Lap Swim/Weight Room Punch Card: \$48**

### Monthly Pass

**Individual, \$38.50**

**Family 3 Month Pass, \$165\***

### Yearly Pass

**Individual, \$330**

**Family, \$495\***

**Senior Passes** • Available to patrons age 65 and older

**Individual, \$35/month**

**Family 3 Month Pass, \$150\***

**Individual, \$300**

**Family, \$450\***

*\* Must be living in the same household*

**PLEASE CHECK  
POSTED LANE  
ASSIGNMENTS  
FOR LANE  
AVAILABILITY!**

Patrons who pay the daily fees or have monthly/yearly passes may use the Weight Room.

Youths under the age of 16 must have direct supervision  
by a parent or responsible adult when using weight equipment.

Have Your Next  
*Birthday Party*  
at the  
**Mary T. Meagher Aquatic Center!**

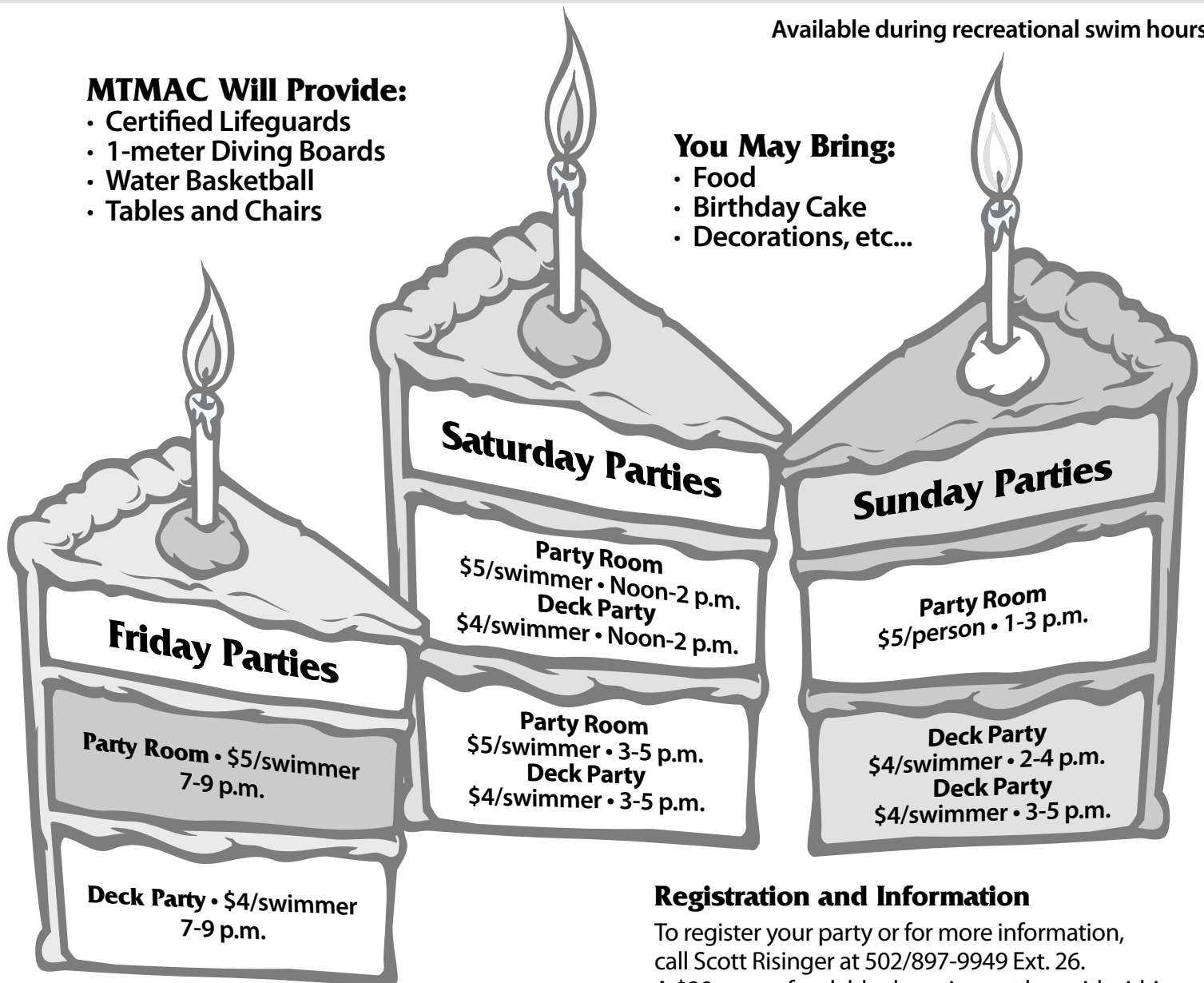
Available during recreational swim hours

**MTMAC Will Provide:**

- Certified Lifeguards
- 1-meter Diving Boards
- Water Basketball
- Tables and Chairs

**You May Bring:**

- Food
- Birthday Cake
- Decorations, etc...



**Friday Parties**

The pool closes at 9 p.m., and all visitors are asked to be out of the facility by 9:15 p.m.

**Saturday Parties**

Saturday parties are 2 hours only. Please have your area cleaned up no later than 15 minutes after your party has ended.

**Registration and Information**

To register your party or for more information, call Scott Risinger at 502/897-9949 Ext. 26. A \$20 non-refundable deposit must be paid within one week of booking the party; it will be applied toward the final cost of your party. Cash, check, Mastercard and Visa are accepted (D.L.# required on checks or money orders). Checks should be made payable to Metro Parks, and payment can be made in person or mailed to the Mary T. Meagher Aquatic Center, 201 Reservoir Avenue, Louisville KY 40206, attn: Scott Risinger.

\*Children age 2 and under will be charged for reserved birthday parties.

# Aqua Exercise

## **Mondays, Wednesdays and Fridays**

7-8 a.m.	<b>Deep Water Class*</b>
8-9 a.m.	<b>Introduction to Deep Water / Deep Water Class</b> (Monday & Wednesday only)*
8-9 a.m.	<b>Aqua Exercise</b>
9-10 a.m.	<b>Cardiac Class</b> (Monday & Wednesday only)
9-10 a.m.	<b>Aqua Exercise</b>
10-11 a.m.	<b>Aqua Exercise</b>
11 a.m.-Noon	<b>Aqua Exercise</b>
5:30-6:30 p.m.	<b>Aqua Exercise</b>
6:30-7:30 p.m.	<b>Deep Water*</b>

## **Tuesdays and Thursdays**

7-8 a.m.	<b>M.S. and related conditions</b>
8-9 a.m.	<b>Step Aerobics / Aqua Exercise</b> (Participant may choose to use step equipment)
9-10 a.m.	<b>Pre- and Post-Natal Class</b> (Thursday only)
9-10 a.m.	<b>Aqua Exercise</b>
10-11 a.m.	<b>Aqua Exercise</b>
11-11:30 a.m.	<b>Baby &amp; Me Exercise</b> (Thursday only) \$2.25 per class. Swim with your infant while you exercise in the therapy pool.
11 a.m.-Noon	<b>Waterwalking</b>
Noon-1 p.m.	<b>Yoga in Therapy Pool</b> (Tuesday only)

## **Saturdays**

11 a.m.-Noon	<b>Deep Water*</b>
Noon-1 p.m.	<b>Aqua Exercise</b>

## **Sundays**

12:30-1:30 p.m.	<b>Aqua Exercise</b>
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### **Fees for Aqua Exercise Classes held in the Olympic Pool**

If you purchase a monthly/yearly pass, the daily fee is \$2.25 - or you may purchase a 12-visit Exercise Card for \$24. Monthly members may only purchase a maximum of 2 punch cards during their corresponding membership period.

If you do not purchase a monthly/yearly pass, the daily fee is \$4.50 - or you may purchase a 12-visit Exercise Card for \$48.

You may take a second class on the same day for only \$1!

*\*Participants must be comfortable in deep water.*

**REMEMBER  
TO  
LOCK  
YOUR  
LOCKER!!!**

# Therapy Pool Schedule

Time	Sunday✓	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7 a.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
8 a.m.	CLOSED	Low Impact	Open Time	Low Impact	Open Time	Low Impact	CLOSED
9 a.m.	CLOSED	Open Time	Open Time	Open Time	Open Time	Open Time	Swim Lessons
10 a.m.	CLOSED	Arthritis Class	Open Time	Arthritis Class	Baby Splash Adv 10:30-11	Stroke Club	Swim Lessons
11 a.m.	CLOSED	Arthritis Class	Open Time	Arthritis Class	Baby & Me/ Baby Splash	Arthritis Class	Low Impact
Noon	Open Time✓	Arthritis Class	Yoga	Arthritis Class	Aqua Chi	Arthritis Class	Arthritis Class
1 p.m.	Open Time✓	Arthritis Class	Open Time <sup>†</sup>	Arthritis Class	Adapted Leisure	Arthritis Class	Open Time
2 p.m.	Open Time✓	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time
3 p.m.	Open Time✓	Open Time	Open Time	Open Time	Open Time	Open Time	Open Time
4 p.m.	Open Time✓	Low Impact	Open Time	Low Impact	Open Time	Low Impact	Open Time
5 p.m.	Open Time✓	Warm Water Workout*	Open Time	Warm Water Workout*	Open Time	Warm Water Workout*	Open Time
6 p.m.	CLOSED	Swim Lessons	Swim Lessons	Swim Lessons <sup>†</sup>	Swim Lessons	Open Time	CLOSED
7 p.m.	CLOSED	Open Time	Open Time	Swim Lessons	Adapted Leisure	Open Time	CLOSED
8 p.m.	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED

## Fees for Aqua Exercise Classes held in the Therapy Pool

If you purchase an Aquatic Center monthly, yearly or family pass, classes are free.

If you do not purchase an Aquatic Center monthly, yearly or family pass, classes are \$4 per day - or you may purchase a 12-visit Aqua Card for \$38.50.

All persons using the Therapy Pool must have a consent form signed by a doctor on file. Forms may be obtained at the front desk.

### \*Warm Water Workout

A feel-good hour of stretching, muscle building, range-of-motion and balance-enhancing exercises. A great way to end your day!

### †Home of the Innocents Aqua Program

The Home of the Innocents Aqua Program will be held on the first Tuesday and last Wednesday of each month.

### ✓Therapy Pool Schedule

The Therapy Pool will be closed on the last Sunday of each month for maintenance.

# Swim Lesson Schedule

## Weekday Sessions

Classes are offered on Monday/Wednesday, Tuesday/Thursday and Saturday schedules

**Session I** ..... Mon & Wed, Sept 11-Oct 4  
Sept 11, 13, 18, 20, 25, 27, Oct 2, 4  
Tue & Thu, September 12-October 5  
Sept 12, 14, 19, 21, 26, 28, Oct 3, 5

**Session II** ..... Mon & Wed, Oct 9-Nov 1  
Oct 9, 11, 16, 18, 23, 25, 30, Nov 1  
Tue & Thu\*, Oct 10-Nov 2  
Oct 10, 12, 17, 19, 24, 26, Nov 2, 6\*

\*Tue, Oct 31 class will be held Mon, Nov 6

**Session III** ..... Mon & Wed, Nov 6-Dec 6\*  
Nov 6, 8, 13, 15, 27, 29, Dec 4, 6  
\*No classes week of Nov 20-23  
Tue & Thu, Nov 7-Dec 7\*  
Nov 7, 9, 14, 16, 28, 30, Dec 5, 7  
\*No classes week of Nov 20-23

## Weekday Class Times

**Mon & Wed** ..... Preschool ..... 2-2:30 p.m.  
Preschool ..... 2:45-3:15 p.m.  
Preschool ..... 3:30-4 p.m.  
Advanced Preschool 5:30-6:15 p.m.

**Tue & Thu** ..... Preschool ..... 6-6:30 p.m.  
Grade School ..... 6-6:40 p.m.  
Preschool ..... 6:35-7:05 p.m.  
Grade School ..... 6:50-7:30 p.m.  
Adult Beginner ..... 7:30-8:10 p.m.  
Adult Advanced ..... 7:30-8:10 p.m.

## Saturday Session

**Session I** ..... Sept 9, 16, 23, 30, Oct 7, 21, 28, Nov 4\*  
\*No class Oct 14

## Saturday Class Times

**Session I** ..... Advanced Preschool 7:50-8:30 a.m.  
Baby Splash Adv IV ..... 8:30-9 a.m.  
Baby Splash Adv III ..... 9-9:30 a.m.  
Preschool ..... 9-9:30 a.m.  
Baby Splash II ..... 9:30-10 a.m.  
Grade School ..... 9:40-10:20 a.m.  
Baby Splash I ..... 10-10:30 a.m.  
Preschool ..... 10:30-11 a.m.  
Grade School ..... 11:10-11:50 a.m.  
Adult ..... Noon-12:40 p.m.

## Fees

Preschool/Baby Splash ..... \$45  
Adv. Preschool/Grade School/Adult ..... \$50

No refunds are permitted.

There is a \$10 fee to transfer to another class.

## Discounts

Patrons with monthly or yearly passes receive a \$5 discount for each swimmer. Register more than one family member at the regular price and receive a \$5 discount for each additional swimmer. You must register for the same session. For more information about these programs call Kathleen Davis at 502/897-9949, ext 23.

## Adult Lessons (Beginner & Advanced)

**Tuesday & Thursday evenings • 7:30-8:10 p.m.**

**Session I** ..... Sept 12-Oct 5  
**Session II** ..... Oct 10-Nov 2 10/31 class held 11/1  
**Session III** ..... Nov 7-Dec 7 No class week of Nov 20-23  
Adult lessons are also available on Saturdays

## Baby Splash & Baby Splash Advanced

### Mondays

**Session I** ..... Sept 11, 18, 25, Oct 2, 9, 16, 23, 30  
Baby Splash I ..... 6:05-6:35 p.m.  
Baby Splash Advanced II ..... 6:35-7:05 p.m.

**Wednesdays** ..... Sept 13, 20, Oct 4, 11, 18, Nov 1, 8, 15  
No class Sept 27 or Oct 25

Baby Splash III ..... 6:25-6:55 p.m.  
Baby Splash Advanced IV ..... 7-7:30 p.m.

### Thursdays

**Session I** ..... Sept 14, 21, 28, Oct 5, 12, 19, 26, Nov 2  
Baby Splash II ..... 10:30-11 a.m.  
Baby Splash I ..... 11:30 a.m.-Noon

## Baby & Me Exercise

Swim with your infant while you exercise in the therapy pool.

**Thursdays** ..... 11-11:30 a.m., \$2.25 per class

# Swim Lesson Programs

## Baby Splash

### Level I • 6 to 36 months

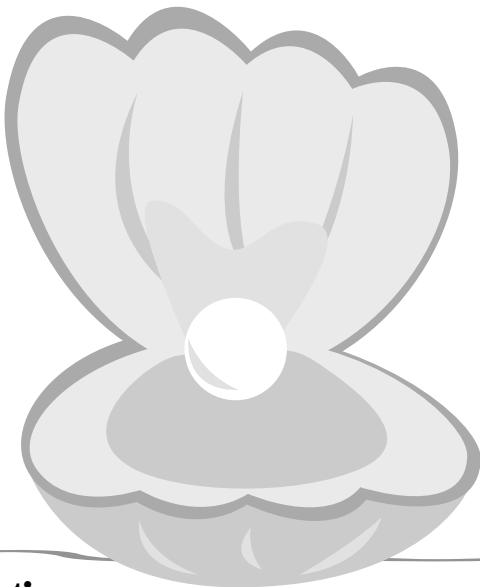
Baby Splash class serves as a safe introduction to the water for very young children. Infants and parents share this first aquatic experience together while building a lifelong bond. Infants are required to wear tight fitting swimsuits; Huggies swim diapers are acceptable.

### Level II & III • 9 to 36 months

**Prerequisite:** Baby Splash I. Babies improve fundamental swimming and recovery skills. Infants are required to wear tight fitting swimsuits; Huggies swim diapers are acceptable. Level III class is taught in the Olympic Pool.

### Level IV • 24 to 36 months

**Prerequisite:** Baby Splash II & III. Babies learn to swim with the aid of a flotation device. Parents are spectators. Babies are expected to respond to the instructor and will swim independent of their parent. This class is taught in the Olympic Pool.



## Registration

All classes require paid registration prior to participation and are on a first-come, first-served basis. Class size is limited to 12 students. Cash, check, Mastercard and Visa are accepted (D.L.# required on checks or money orders). Checks should be made payable to Metro Parks. Payment must be made in person at the Mary T. Meagher Aquatic Center, 201 Reservoir Avenue, Louisville KY 40206.

## Preschool

### 3 to 5 years

Our Preschool class focuses on water adaptation, basic safety skills and beginning stages of swimming independently. Emphasis is on kicking, floating and air exchange as they apply to safe movement through the water. Parents are spectators during these classes.

## Advanced Preschool

### Up to 5 years

**Instructor's approval required.** These children have had extensive experience in the water. They will work on independent swimming on their fronts and backs, as well as breathing technique. This class is taught in the Olympic Pool.

## Grade School

These classes teach youngsters the building blocks of the four basic swimming strokes (front crawl, backstroke, breaststroke and butterfly) as well as sidestroke and elementary backstroke in a progressive manner. Age and/or swimming ability determine placement of students into appropriate classes. Personal growth, safety and skill development are focused upon in this class.

## Adult

### All ages, all abilities

### Advanced Adult also offered

Whether you have never learned to swim, are trying to overcome a fear of the water, or are training for a triathlon next year, adult swim lessons at MTMAC are for you! Our instructors will help you develop goals while increasing personal safety and improving your swimming skills.

## Information

The Metro Parks Aquatics office is located at 201 Reservoir Avenue, between Frankfort Avenue and Brownsboro Road. For additional program information, call 502/897-9949 and ask for Kathleen Davis, Supervisor of Aquatic Programs for Metro Parks.

# Which Pass Is Right for You?

	Daily	2-3 times per week (8-10 visits)	3-4 times per week (12-16 visits)	3-4 times per week 9 months or more/year
<b>Recreational or Lap Swimmers</b>	\$4.50 13 & older \$2.25 12 & under	\$38.50 monthly \$48 punch card 12 visits only	\$38.50 monthly, or \$330 yearly \$165 family for 3 months	\$330 yearly, or \$495 family if couple
<b>Therapy Pool Open Time</b>	\$3.25	\$38.50 monthly	\$38.50 monthly, or \$330 yearly \$165 family for 3 months	\$330 yearly, or \$495 family if couple
<b>Therapy Pool Water Exercise</b>	\$4	\$38.50 punch card 12 visits only	\$38.50 monthly, or \$330 yearly \$165 family for 3 months	\$330 yearly, or \$495 family if couple
<b>Olympic Pool Water Exercise</b>	\$4.50	\$48 punch card 12 visits only	\$48 punch card	\$48 punch cards or \$495 yearly, plus \$24 punch card if family members
<b>Weight Room Users Only</b>	\$4.50	\$48 punch card 12 visits only	\$38.50 monthly, or \$330 yearly	\$330 yearly, or \$495 family if couple

Senior discounts (age 65 & older) are available for monthly, yearly, and family passes.

## Mary T. Meagher Aquatic Center

201 Reservoir Avenue  
Louisville KY 40206

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**METRO  
Parks**

Jerry E. Abramson  
Mayor

Louisville Metro Council